

Full Report (All Nutrients) 45108013, ZATARAIN'S, BLACKENED CHICKEN ALFREDO, UPC: 071429002463

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	297.0 g 297g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	499	168
Protein	g	--	--	22.01	7.41
Total lipid (fat)	g	--	--	22.01	7.41
Carbohydrate, by difference	g	--	--	53.99	18.18
Fiber, total dietary	g	--	--	2.1	0.7
Sugars, total	g	--	--	10.99	3.70
Minerals					
Calcium, Ca	mg	--	--	199	67
Iron, Fe	mg	--	--	1.81	0.61
Sodium, Na	mg	--	--	1001	337
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.4
Vitamin A, IU	IU	--	--	751	253
Lipids					
Fatty acids, total saturated	g	--	--	10.009	3.370
Fatty acids, total trans	g	--	--	1.515	0.510
Cholesterol	mg	--	--	65	22

Amino Acids

Other

Ingredients

COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM WHEAT SEMOLINA [ENRICHED WITH NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, BLACKENED SEASONED GRILLED CHICKEN (CHICKEN TENDERS, WATER, BLACKENED SEASONING [SALT, SPICES {INCLUDING RED PEPPER AND PAPRIKA}, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, ONION, CARRAGEENAN, GARLIC, EXTRACTIVES OF OREGANO, SOY LECITHIN]), CREAM, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), HALF AND HALF (MILK, CREAM), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND

DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA & BHT ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), SWEET DAIRY WHEY, HEAVY CREAM SAUCE (SHORTENING POWDER [PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE AND MONO AND DIGLYCERIDES], CORN MALTODEXTRIN, MODIFIED CORN STARCH, DEHYDRATED SWEET CREAM [PASTEURIZED SWEET CREAM, SKIM MILK SOLIDS, SODIUM CASEINATE, SOY LECITHIN, BHT], SALT SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL, BHT], NATURAL BUTTER FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE), CHEESE FLAVOR, (A DEHYDRATED BLEND OF ROMANO CHEESE [PART SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), MILK (VITAMIN D3 ADDED), NONFAT MILK SOLIDS (NONFAT MILK, WHEY SOLIDS LACTOSE], VITAMIN A AND D3), DRY BUTTERMILK CHEESE FLAVOR (A DEHYDRATED BLEND OF PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), GREEN ONIONS, MODIFIED CORN STARCH, SHARP CHEDDAR CHEESE FLAVOR (DEHYDRATED GRANULAR AND BLUE CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, LACTOSE, CORN MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), CORN MALTODEXTRIN, CANOLA OIL, SEA SALT, YEAST EXTRACT, MONO AND DIGLYCERIDES, POTASSIUM CHLORIDE, SPICES, PARSLEY FLAKES, GRANULATED GARLIC, DISODIUM PHOSPHATE, XANTHAN GUM, DEXTROSE, CHILI POWDER (CHILI PEPPER, CUMIN, SALT, CARAMEL COLOR, GARLIC POWDER, OREGANO), SUGAR, GRANULATED ONION, DISODIUM INOSINATE AND DISODIUM GUANYLATE (FLAVOR ENHANCERS). *Date Last Updated by Company: 05/17/2016*